

ACT

1 Set / 3 Reps / 20 s hold



1. Gluteal stretch in sitting

Sit upright in a chair.

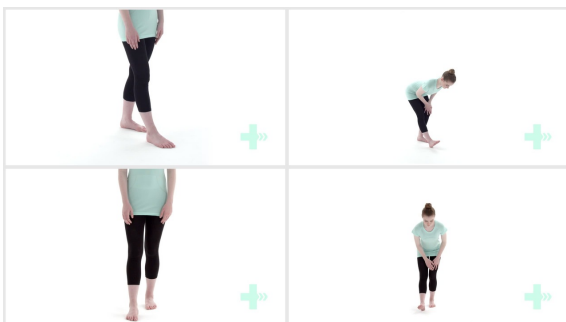
Cross the ankle of the affected leg over the opposite thigh just above the knee.

Lean forwards, bending from the hip.

Increase the stretch by placing your hand on the inside of the affected knee, and apply some downwards pressure.

Do not round your back whilst you hold this position.

1 Set / 3 Reps / 20 s hold



2. Hamstring stretch - stand

Stand up straight.

Place your affected foot forwards with your foot flat on the floor.

Keep your back foot facing forwards and soften the knee.

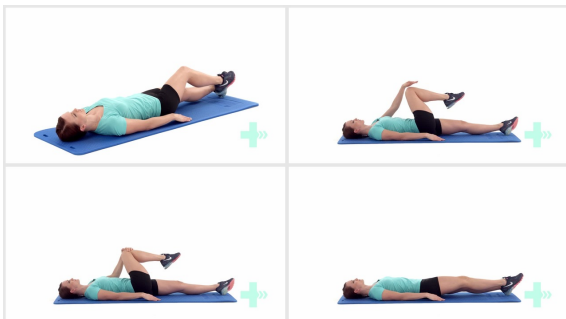
Make sure the hips are square while you maintain a straight back.

Gently lean forwards and push your hips out behind you.

You feel this stretch down the back of your thigh.

Hold this position.

3 Sets / 1 Rep / 20 s hold



3. Gluteal muscle stretch [30600]

Lie on your back in a comfortable position.

Now, bring one knee up towards your opposite shoulder.

You should feel a comfortable stretch, not pain, in your deep buttock muscles.

To increase the stretch push your flexed hip gently downwards.

Maintain this position for 30 seconds.